

## Reasons for Referral

Refer **mothers** with or experiencing the following to a lactation specialist:

- She is worried about the shape of her nipple (flat or inverted)
- History of breast or chest surgery
- Delayed milk ejection reflex
- Continued problems with positioning or latch-on
- She is worried her baby is not getting enough milk (and you are too)
- Engorgement that does not go away after 24 hours
- Nipple soreness that does not go away after correcting positioning and latch
- Cracked, bleeding and/or bruised nipples
- Itchy, red nipples (may be thrush)
- Breast pain that does not go away in 24 hours (may be a plugged duct)
- Breast pain and/or reddish/hot lump, without a fever (may be mastitis)
- Baby choking and spitting up while feeding - mother worried (may be an overactive MER)
- Baby with greenish, frothy stools, or breasts feeling full after feeding (may be an oversupply of milk )
- Low milk supply or giving the baby formula or other supplements
- Health care provider told mother to wean her baby and she does not want to
- Using a nipple shield (or a bottle nipple on the breast)
- Serious illness or hospitalization
- She has a chronic illness such as diabetes
- She stopped breastfeeding and wants to start again
- Concerns with medicines she must take while breastfeeding
- Using herbal remedies

Refer **mothers** with or experiencing the following to her health care provider:

- Itchy, red nipples (may be thrush)
- Breast pain that does not go away in 72 hours (may be an unresolved plugged duct)
- Breast pain and/or reddish/hot lump, with a fever (may be mastitis)
- History of breast or chest surgery
- Using medications
- Serious illness
- Chronic illness such as diabetes

Refer mothers of **babies** with or experiencing the following to a lactation specialist:

- Problems with latch-on
- Mother is not hearing swallowing sounds by 48 hours of age
- Feedings that last more than an hour after milk supply is established
- Seems hungry after most feedings
- Does not relax during a feeding or keeps a tight fist by face
- Has a dry mouth after most feedings
- Spitting up after most feedings
- Less than 3 poopy diapers in a 24 hour period after the baby is 3 days old
- Less than 6 wet diapers in a 24 hour period after the baby is 3 days old
- Health care provider told mother her baby is not gaining enough weight
- Health care provider told mother her baby has failure to thrive
- Health care provider told mother to give her baby formula
- Baby is sleeping a lot and having a lot of short feedings
- Baby is too sleepy to breastfeed
- Refusing to breastfeed for more than 24 hours
- Premature baby (babies born more than 1 month before due date)
- Multiple babies (twins, triplets, etc.)
- Mother says baby has a Cleft lip or Cleft palate
- Mother says baby has heart problems
- Mother says baby has Down's Syndrome
- Yellowish skin and eyes (could be jaundice)

Refer mothers of babies with or experiencing the following to his or her health care provider:

- Yellowish skin and eyes (could be jaundice)
- Weight loss beyond first week
- Slow weight gain
- Mother says that baby has a fever
- Mother says that baby is sick